



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

JANUARY 1 2019

DR. TOM KELLY

### NOVEMBER THRU APRIL

Mon: 8am-12noon, 3pm-7pm  
Tues: 3pm-7pm  
Wed: 8am-12noon, 3pm-7pm  
Thurs: Closed  
Fri: 8am-12noon, 3pm-7pm  
Sat: 9am-12noon (Dec 7<sup>th</sup> & 28<sup>th</sup>)

### MAY THRU OCTOBER

Mon: 8am-12noon, 3pm-7pm  
Tues: 3pm-7pm  
Wed: 8am-12noon, 3pm-7pm  
Thurs: 3pm-7pm  
Fri: 8am-12noon  
Sat: 9am-12noon (twice per month in Sept and Oct, please phone)

### Spinalguy Chiropractic

3209-150 Millrise Blvd  
SW, Calgary AB,  
T2Y5G7

**Phone**  
**403-278-7876**

**Fax**  
**403-278-9555**

**We're on the Web!**  
**[www.spinalguy.com](http://www.spinalguy.com)**

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## What is dehydration?

Dehydration happens when you've lost too much water without replacing it, preventing your body from performing its normal functions. Remember that water makes up nearly 50% to 60% of your body, depending on your gender. It plays a large part in many bodily functions, such as lubricating your joints and retaining moisture in your eyes, keeping your skin healthy, eliminating toxins and facilitating proper digestion.

Proper intake of fluids is also vital for kidney function so, every time your body loses water, you need to replace those fluids to maintain balance between the salts, glucose and other minerals in your system.

If you become dehydrated, drastic changes in your body can immediately occur. Research has shown that even mild dehydration can decrease brain tissue fluid, which can result in changes in brain volume. Your blood becomes more viscous as well, straining your cardiovascular system and putting you at risk of health issues like thrombogenesis. Dehydration also compromises your body's ability to regulate your temperature.

Losing just 1% to 2% of your entire water content can cause thirstiness, a sign that you need to replenish the lost liquids. Mild dehydration can easily be treated but if it reaches extreme levels, it can be life-threatening and will require immediate medical attention.

## The key to avoiding dehydration: Listen to your body

No one but you can determine if you are hydrated enough. If you feel thirsty or you're sweating profusely, this is a signal that you need to replenish your body with water immediately. Don't wait for severe dehydration symptoms to occur before you take action, since this can be life-threatening.

Since anyone can become dehydrated even without any physical activity, keeping a bottle of filtered water nearby can help keep you hydrated. Remember that a healthy person should urinate seven to eight times each day, so if you're not urinating frequently it means you're not drinking enough water.

## *Did you know...*

- *We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?*

*"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."*  
*~ Albert Schweitzer*

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## **Signs and symptoms of dehydration**

Here are the mild and severe symptoms of dehydration:

### **Mild to moderate dehydration**

- Dry, sticky mouth
- Sleepiness or tiredness
- Dry skin
- Headache
- Constipation
  
- Dizziness or light headedness
- Few or no tears when crying
- Minimal urine
- Dry, cool skin
- Muscle cramps

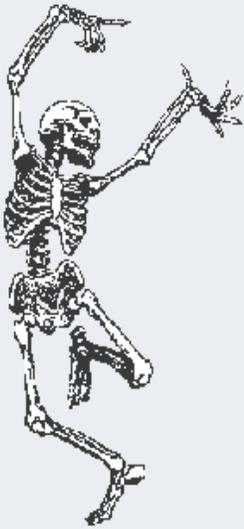
### **Severe dehydration**

- Extreme thirst
- Irritability and confusion
- Sunken eyes
- Dry skin that doesn't bounce back when you pinch it
- Low blood pressure
- Rapid heartbeat
  
- Rapid breathing
- No tears when crying
- Fever
- Little or no urination, and any urine color that is darker than usual
- In serious cases, delirium or unconsciousness



*If you wear  
out your  
body...*

*Where will  
you live?*



*“A person without a  
sense of humor is like a  
wagon without  
springs. It’s jolted by  
every pebble on the  
road.”*

*~ Henry Ward Beecher*

## ***Foods That Will Help Keep You Hydrated***

While drinking water is very important for hydration, you can also get it from foods. There are many healthy foods that can contribute a large amount of water to your diet.

- Watermelon
- Cucumber
- Banana
- Strawberry
- Spinach
- Lettuce
- Radishes
- Tomatoes
- Cantaloupe
- Oranges
- Zucchini

This is just a short list of the many foods that have high water content and will help keep you hydrated!



**A quick reminder that most insurance plans roll over  
in January.**

**Give our office a call at 403-278-7876 to book an  
appointment.**